The Canadian Nurse

A MONTHLY JOURNAL FOR THE NURSING PROFESSION IN CANADA

VOL. III. TORONTO, NOVEMBER, 1907. No. 11

ANTI-TUBERCULOSIS WORK IN CANADA.*

In Canada we have two associations, both national in their scope:

1. The National Sanatorium Association.
2. The Canadian Association for the Prevention of Consumption and Other Forms of Tuberculosis.

The National Sanatorium Association is the pioneer society in Canada in the erection of sanatoria for consumptives. It was incorporated in 1896. The following year the Muskoka Cottage Sanatorium was erected, which is known as the "pay" institution of the Association. It has accommodation for about eighty-six patients.

The Muskoka Free Hospital, built in 1901, which has accommodation for about ninety patients, is situated a mile distant from the private institution.

This society owes its origin to the public spirit and generosity of Mr. W. J. Gage, who not only initiated the movement for its establishment, but has through all its history supervised every effort made for its maintenance.

Not directly under the the management of the National Sanatorium Association, but affiliated with it, is the Toronto Free Hospital for Consumptives, near Weston, to which those in the advanced stages of the disease are admitted. It accommodates eighty-six patients. The total number of patients treated in these three institutions since the work commenced is rather more than 2,500. This Association has thirty-two branch societies. It has yearly distributed throughout the Dominion tons of literature bearing on this subject, and has recently started a monthly publication called *Canadian Outdoor Life*.

The Canadian Association for the Prevention of Consumption and Other Forms of Tuberculosis was founded in 1901 at the instance of Lord Minto, then Governor-General. It is supported chiefly by the Dominion Government, with headquarters in Ottawa. The Association is purely educational. It owns no

*An interesting historical sketch, an account of the Etiology of the disease, and a brief reference to the "World's War" against Tuberculosis form the introduction. Read at the annual meeting of the C. A. S. T. S. N.

sanatoria and holds no property of any kind, but carries on its propaganda by means of public lectures and the distribution of suitable literature.

Local branches of the Association have a constitution in all respects similar to the parent society, except that their work includes the treatment of the disease and consequent provision for securing all organization necessary to that end, such as municipal sanatoria, relief homes for those in the advanced stages, dispensaries, tents, and minor appliances for the home treatment of those who cannot be placed in a sanatorium.

Canadian Sanatoria.

In Canada, so far as I can find out, in addition to the three institutions already mentioned for the admission of consumptives, are the following:

Ontario.—Mountain Sanatorium at Hamilton, employs a visiting nurse; Galt has a Swiss cottage; Stratford has two tents; Kingston has a shack; Ottawa has two wards in Water Street Hospital.

Quebec.—St. Agathe des Monts Sanatorium.

Nova Scotia.—Provincial Sanatorium at Kentville; Wolfville Highlands Sanatorium (private).

Alberta.—The Calgary Sanatorium.

British Columbia.—Special building at General Hospital, Vancouver.

Dispensaries.

There are three dispensaries: (1) Dispensary of Montreal League, employs an inspector but so far no nurse; (2) Toronto General Hospital Dispensary, employs a visiting nurse; (3) Dispensary at General Hospital, Hamilton.

There is a reasonable prospect that at an early date the city of Ottawa will be provided with a relief home for advanced cases. Negotiations to this end are being carried on between the local association and the City Council.

A sanatorium in all probability will soon be provided by the Councils of the city of London and the county of Middlesex acting conjointly. The site is selected outside the city of London and terms of joint ownership and support have been definitely arranged.

In Manitoba a sanatorium has been projected. $50,000 has been promised. When these funds are actually in hand the government will donate $25,000. It is expected that work will be begun this year.

Steps have been taken to this end also in British Columbia. $60,000 has been collected, but $100,000 is required. Provision has already been made for organization and maintenance.

The Ottawa Local Association was formed in March, 1905. On the 15th of May of that year Miss Rayside, a graduate of St. Luke's Hospital, entered upon her duties as visiting tuberculosis nurse. Miss Rayside continued until October, 1906, when she was succeeded by Mrs. Harris, also of St. Luke's. Some time since, Ottawa contributed $4,300 to the Gravenhurst Association, in consideration of which twenty-four beds are set aside in the Muskoka Free Hospital for such patients as the Local Association may send there. For the maintenance of these patients Ottawa pays at the rate of six dollars per week.

Pending such time as the Local Relief Home can be erected in Ottawa the Sisters of Charity at the Water Street Hospital have placed two wards of four beds each at the disposal of the Ottawa branch. They average three patients.

Two societies assist the Local Association: the May Court Club in supplying eggs, milk and clothing for home requirements, and a Samaritan Society in providing suitable employment and in giving help to patients discharged from the hospitals. The Association has five tents, which it loans or rents. It distributes sputum cups, paper handkerchiefs, clothing, bedding, and often food and fuel. Cases are reported voluntarily to the nurses by hospitals, doctors, church organizations, societies of all kinds, friends of the patients, and by the Charities Department.

The Ottawa nurse states that visits have apparently been appreciated, since she is usually asked to call again. Patients as a rule are faithful in carrying out instructions, and she experiences less difficulty than at first in persuading patients to enter a sanatorium. Cases reported since May, 1905, 171; visits paid in 1906, 848; sputum cups distributed, 2,340. Ottawa was the first Canadian city to engage a nurse in instructive visiting work, and I think Toronto and Hamilton are the only other cities carrying on work along similar lines.

Nurses' Special Work.

In regard to the nurses' part or opportunity, it is difficult to secure data as to what has been done. Doubtless in this country, as elsewhere, much unrecognized good has been done wherever a district nursing organization has existed, as well as by individual nurses. Tuberculosis work differs from ordinary district nursing in many particulars. Little real nursing care may be given. The ground covered is, first, education; second, relief. Its chief significance lies in the personal instruction adapted to the individual needs of those who have tuberculosis and are spreading it, and of those who are exposed to it.

People who do not read or attend lectures will gather around a nurse in their own home and learn from her the gospel of preventability and curability. The nurse who would be successful

in this line has need of knowledge of social conditions, of tact, and of patience beyond the average, to cope with survivals of prejudice and traditional methods which exist among the intelligent and well-to-do as often as amongst the ignorant and poor.

The salient points to be observed in relation to the disease generally are:

1. That tuberculosis is a preventable disease—by destruction of the excretions known to contain the bacilli, and by keeping the organs and tissues of the body at their highest physiological function.

2. That it is a curable disease, as is shown by the reports of many sanatoria in every part of the world and by post-mortem statistics.

3. That there is no specific climate, although some climates have greater healing influences, and that it may be successfully treated in all climates.

4. That there is no specific medicine, only medicine that favorably influences the disease.

5. That to obtain the best results an early diagnosis is necessary.

The chief points in the treatment are that: (*a*) The patient should live continuously in the open air; (*b*) his nutrition should be maintained by all available means at the highest point; (*c*) he should have rest suited to his condition and the stage of the disease; (*d*) all means consistent with his condition should be used to harden the tissues and render them impervious to the invasion of the tubercle bacillus.

Infection.

It is interesting here to note that the consensus of opinion of medical men, based upon statistics from consumption hospitals the world over, is against danger of infection to nurses or attendants. For example, in Denver, dust was collected from the streets, from all public buildings and conveyances, from hospitals and from the sanatoria. Upon examination for tubercle bacillus it was found that the safest place in the whole of Denver was in the sanatoria. Walters states, regarding infection among attendants, that "no case has ever been reported from any modern chest hospital which takes even elementary precautions regarding the sputa." This applies to sanatoria, but not to persons doing district work.

1. Pulmonary tuberculosis is not a contagious disease, but only communicable; the contact *per se* of a consumptive individual does not transmit the disease.

2. The scrupulous destruction of tuberculous expectoration and other secretions suffices to do away with all danger of infection or transmission. Therefore the deduction must be that danger of infection for the visiting nurse must depend upon the physical condition of the nurse herself, upon the locality in which

she works, and upon the efficiency with which she may be able to enforce her own instructions. The advice of Dr. Knopf to medical men applies also to the nurse, that is, "if predisposed to tuberculosis one should not undertake this work unless one can live in a health resort, can take life relatively easy, and be able to take just as much care of one's self as one would of the patient."

From the records to which I have had access, I find Edinburgh apparently the first city to engage a nurse in visiting tuberculosis work. This was in 1887, in connection with the dispensary under Dr. Philip's direction. In America a staff of nurses for this work was organized first in 1903, in connection with the New York Department of Health. Signal success has followed this systematic effort, as well as similar organizations in Philadelphia, Baltimore and other American cities.

. . . . . .

We have in Canada to-day two National Societies, Local Associations with sanatoria built and sanatoria and relief homes in prospect—this for the 2 per cent For the remaining 98 per cent., which represents at least 49,000 tuberculous persons, chiefly poor, we have three dispensaries, an inspector, and three instructive visiting nurses.

Truly we need "the combined action of a wise government, well trained physicians and an intelligent people."

The initial step in the solution of the problem of the "98 per cent." in this country would seem to be through concerted provincial legislation, or even by municipal by-laws providing for the compulsory reporting of all cases. A necessary sequence to such a step would probably be systematic house to house visitation.

In the meantime, possibly the key to the situation so far as nurses are concerned may lie with us as superintendents of training schools.

Could not better instruction be given to pupils as to the practical organization necessary to this end? Would it not be possible to impress upon each pupil the duty of imparting this knowledge wherever opportunity offers? Might not we enlist the sympathies and co-operation of Alumnæ Associations and Graduate Nurses' Clubs so that when the time is ripe for action Canadian nurses may not be found wanting.

Ottawa. M. L. MEIKLEJOHN.

THE INFLUENCE OF THE DISTRICT NURSE.—Of all the forms that charity takes, there is hardly one that is so directly successful as district nursing. It is almost true to say that wherever a nurse enters, the standard of life is raised.—*Charles Booth, in "Notes on Social Influences."*

THE SUPERINTENDENT OF THE SMALL HOSPITAL.*

It is my intention to put what I wish to say into a very few words and to confine my remarks altogether to one of the disadvantages under which the lady superintendent of a really small hospital labors. Her position is a most responsible one, particularly where there is no resident physician, and its importance is not to be estimated altogether by the size of the building or the number of its cots. She is frequently called upon to meet and deal with emergencies that never confront the superintendent of nurses in a large, well-manned institution. To no members of our sisterhood is constant increase in professional knowledge more necessary, but up to the present opportunities for obtaining this have been meagre.

In the annual reports of some of our prominent training schools appears the number of graduates holding hospital positions —my own Alma Mater could boast of over sixty—yet no school of which I have heard offers any facilities whereby these women, many of whom are far removed from all college influence, may keep fully abreast of the times in every detail of their work.

It is true they are at liberty to go over the old wards where they took their training, and if there should happen to be an operation they may witness it, but only those who have had to depend on this for fresh inspiration know just how unsatisfactory it is.

Can our new National Society not do something for us along this line? Would it not be possible for the large hospitals represented here to arrange yearly, or every second year, a course of lectures by progressive medical men, supplemented by demonstrations in advanced nursing methods, which all Canadian graduates might attend on payment of a fee? Last year at Miss Farmer's Summer School in Boston I heard ten lectures on dietetics by Dr. Joselyn, of Harvard University. These were most interesting and instructive. Of what inestimable value would be ten such lectures on medicine or surgery, on gynecology or obstetrics, to those of us who have not the good fortune to live at an educational centre? They would be like water to the dry and thirsty land.

This may seem to be asking too much of our parent schools, but if the matter were taken up in turn by each of the large city hospitals the duty might not be extremely arduous, while the benefit to their graduates would be very great indeed. There is usually a time in the spring or early summer when the work in the wards is comparatively light and when those in charge of small hospitals could easily leave their duties to the senior nurses. At that season, too, we may expect less sickness outside of the hospitals, and many graduates engaged in private nursing would not be too busy to take advantage of a good course of instruction.

*Read at the Annual Meeting C.A.S.T.S.N.

It may be objected that, with the existing abundance of literature on all our subjects, an innovation of this kind would create a great deal of unnecessary trouble, but though books are good and magazines a wonderful help, there is something in personal instruction from men and women who are teachers by nature as well as through training, which no amount of reading can furnish. That this is a well-established and time-honored belief is shown by the high value that has ever been placed on lecturing in the education of students for all the professions. With them, however, the passing of examinations and obtaining of diplomas does not mean an end to all share in the future progress of their college. Ample provision is made for their further development. The Detroit Post-Graduate School of Medicine, in advertising special courses from September 2nd to 21st of this year announces that: "These special courses are offered to those busy practitioners whose everyday work makes it difficult for them to keep pace with the rapid progress in medicine and surgery." The schedule of lectures, clinics, etc., is so arranged that no part of the time the busy man takes from his practice need be wasted.

In my opinion it is something like this that we nurses need, a course not occupying so much time that those engaged in institutional work must give up their positions in order to attend, but one, without social distractions, planned in such a way that every working hour of perhaps ten days or two weeks might be devoted to genuine study.

This may not appeal to you all; I hardly dare to hope that even the majority will think with me, but there cannot fail to be other superintendents of small hospitals who feel that, were they better equipped, the many calls on their versatility and resource might be answered more efficiently, and that not only the training of the nurses, but the lives of the patients, would be safer in their hands.

"A little knowledge is a dangerous thing. Drink deep." Well, perhaps we are not quite prepared for that, but a little draught occasionally would be a help. Will not they who first gave us to drink pass the goblet again?

LILLA J. SHEPPARD.

THE CHICAGO CONVENTION.

The ninth annual convention of the American Hospital Association was held at the Palmer House, Chicago, Sept. 17th to 20th. In many respects it must be counted the most successful meeting the Association has ever had. The programme was one of unusual interest, and from start to finish the enthusiasm never waned. A very pleasing feature of the convention was the number of Canadian visitors present. A list of these, copied from

the register, will be found elsewhere. Mr. John Ross Robertson, well known as a most liberal friend of hospitals in general and of the Toronto Hospital for Sick Children in particular, was present throughout the entire session and contributed many excellent and practical points toward some of the discussions. Dr. J. N. E. Brown, Toronto General Hospital, presented an interesting paper on, "The Work of an Immunizing and Inoculating Department," and Dr. Bruce Smith, Inspector of Charities of Ontario, gave a most practical and profitable paper on "Waste in Hospitals." Both of these papers called forth an animated discussion that was profitable to all concerned. All the members present felt highly favored because of the opportunity to hear Miss Jane Addams, of Hull House, Chicago, speak on "The Layman's View of Hospital Work among the Poor." Dr. Richard Cabot, of Boston, was present on Thursday, and spoke on "The Organization of an Out-Patient Department," with special reference to his work in improving that department at the Massachusetts General Hospital, Boston, by the appointment of a corps of visiting nurses and social workers to follow up the dispensary work in the homes. He paid a fine tribute to the visiting nurse, comparing the physician trying to do out-patient work without a nurse to assist, to a body without hands. Dr. Goldwater, of Mount Sinai Hospital, New York, in his report on hospital efficiency, also referred to the increased efficiency of that department in his own hospital since nurses had been appointed to visit in the homes and see that the measures prescribed as treatment were carried out. The general feeling seemed to prevail that the best work of hospitals along several lines was impossible without the assistance of visiting nurses. Everything seems to indicate that visiting nursing in America is only in its infancy, and that as the years go by its value as a social force will be more and more recognized. In the session devoted to the question box the following questions of general interest to nurses were discussed: "The cause of the diminished number of applicants," "Is the eight hour day for nurses practicable?" "Is it desirable that a chair of hospital administration be established in universities?" While it seemed to be generally believed that a university course in hospital administration was desirable it was also admitted that such a course would be possible for only a comparatively small number and that a well-established hospital could give a very excellent practical course in executive work if the system were once established. We predict that the nurses of the future in Canada and the United States will ere long have such an opportunity afforded them in a number of hospitals.

The closing session of the convention was devoted entirely to the training school. Miss Mary L. Keith, Superintendent of City Hospital, Rochester, gave the first report on progress in training schools ever given to the Association. It was a most excellent

resumé of her observations on methods and conditions. Mr. Geo. P. Ludlam, Superintendent of New York Hospital, New York, presented an able paper on "The Reaction in Training School Methods." These papers called forth a most spirited and profitable discussion. It was quite generally admitted that much superfluous matter along medical lines was being crowded into the curriculum which was of no practical value to any nurse and that the time had come to call a halt and examine our methods in this particular. Both the two-year and three-year term had their earnest advocates, but the utmost good feeling prevailed throughout the entire discussion.

The most important advance step taken was the admission as active members of trustees and directors of hospitals, which greatly enlarges the sphere of the Association. A petition was presented signed by about thirty members asking for the establishment of a summer school in hospital work lasting from two to four weeks, this course to be open to hospital managers, superintendents of hospitals and training schools, physicians, nurses, and all others who may be sufficiently interested to pay the tuition fee and attend. This request was received too late for action this year, and was referred to the Committee on Training Schools. It is one of the things that is bound to come in time.

Dr. S. S. Goldwater, Superintendent of Mount Sinai Hospital, New York, is President for the coming year, with Mr. John Ross Robertson, of Toronto, as his able assistant and local manager in the position of 1st Vice-President. The next convention will meet in Toronto in September, 1908.

Canadian Visitors.

Miss Brent, Superintendent, Hospital for Sick Children, Toronto; Miss De La Matter, Nicolls Hospital, Peterboro; Dr. W. E. Rowley, Superintendent, General Public Hospital, St. John, New Brunswick; J. Ross Robertson, Toronto, Canada; Miss E. M. Patton, Superintendent, Grace Hospital, Toronto; J. S. Park, Superintendent, Montreal General Hospital; R. W. Bruce Smith, Toronto; Dr. J. N. E. Brown, Superintendent, Toronto General Hospital; Mr. H. E. Webster, Royal Victoria Hospital, Montreal; Miss M. Gray, Toronto Hospital for Incurables; Mrs. R. B. Hamilton, Toronto-Orillia Hospital; Miss Helen J. Tolmie, J. H. Stratford Hospital, Brantford, Ont.; Miss Christina J. Banks, McKellar General Hospital, Fort William, Ont.; Miss H. M. Miller, Ross Memorial Hospital, Lindsay, Ont.; H. D. Macintyre, General Hospital, Kingston, Ont.; Mr. J. M. Cosgrave, Superintendent, General Hospital, Winnipeg; Mr. W. W. Kinney, Supterintendent, Victoria General Hospital, Halifax.

AN ADDRESS.*

When you put on your nurse's uniform let it not be so straight-laced that it stops the beating of your woman's heart.

Beware of the mercenary spirit, which in these days is debasing everything to the dollar level. Whilst it is true that you must supply your own needs, and make provision for your future, and for these reasons must receive a fair honorarium, recollect always that the true incentive in your profession, as in mine, is to give faithful service.

When I tell you not to be cast down because some one has spoken evil against you falsely, I tell you also not to be unduly elated by the applause of the multitude, for it was the multitude that put Jesus to death and chose Barabbas. In all your doings bring every act to the bar of your own conscience, and if your conscience acquit you, do not mind what men may say of you.

To your sister nurses, working in the same great field to relieve suffering, you owe all sympathy. The same trials, the same weariness, the same discouragements that meet you, meet them also. Is one nurse wronged? You are all wronged. Is one nurse injured? You are all injured. Is one nurse defamed? You are all defamed.

Regarding your duty to your Alma Mater you will make no mistake if you keep in mind the meaning of the term. It is a sacred and tender relationship. She who honors her mother honors herself, and she who dishonors her mother dishonors herself. Though all the world should turn against your Alma Mater yet must you never, for from her you drew the knowledge that has made you what you are. She took you by the hand when you were yet ignorant, and led you into the garden of knowledge, and nourished you until you were able to go forth strong for the work of life.

Try to deserve everyone's good-will by the perfection of your service, then you will command recognition instead of asking it.

Be jealous of your own dignity, remembering always that you belong to a profession, not a trade, and therefore must be sought after, and not be yourselves the seekers.

Keep in touch with the members of your profession, reading nursing journals, and by attending conventions and meetings of nurses, for by so doing you will assist in benefiting your profession, and at the same time increase your own knowledge and broaden your own outlook.

*Abstract of an address to the Alumnæ Association of the Royal Alexandra Hospital, Fergus.

And now, Alumnæ of the Royal Alexandra Hospital Training School, be true to one another, and let no germ of disagreement have a resting-place amongst you; love the members of your own school, not thinking less of others, but more of them, for you are daughters of one Alma Mater, and therefore sisters.

A. GROVES.

TORONTO GRADUATE NURSES' CLUB.

There are three hundred graduate nurses practising their profession in the city of Toronto, and probably one hundred more qualified, but not practising. It is only natural that graduates of each school should sometimes become clannish and prejudiced, and with this, as a prominent factor in the social atmosphere, it can readily be seen that there are many reasons why the nurses living together in Toronto, should be organized, and made better acquainted with each other, so that by personal contact they should have an opportunity of broadening one another professionally, as well as becoming better acquainted personally.

At the present time there are in existence Alumnæ Associations of the various hospitals in the city, and the graduates from these institutions are enabled to continue their friendships made in the training school, as well as to meet the growing numbers, who from time to time are graduated from each school. There is in addition the Ontario Graduate Nurses' Association, which keeps as well as possible a guarding eye over the profession generally. It meets once a year, and owing to the widely separated membership, finds it impossible to have the close touch with its members that the situation demands. The true merits of a nurse are not always known until she has had the experience of private nursing, and there are many things about the profession, which are not taught in schools.

A strong effort was made about a year ago, to have the nurses of Ontario registered by means of an Act of Parliament, giving over to the body of nurses in active practice, some of the control over new members, and allowing the nurses themselves to have something to say in regard to the efficiency and qualifying examinations required for future nurses. This honor was not intended to be held by one or two, but was to be in the hands of all by a system of voting for examiners, who should act in conjunction with the medical profession to secure to the public and the nurses themselves, the hall mark of efficiency for all nurses graduating from recognized hospitals, and to assure the public that in engaging a trained nurse the services of a highly educated and practically taught person would be obtained. This was a long step forward from the conservative ideas of the past,

and although every person who dealt with the question, felt there was much truth in the statements and claims of the nurses, still like most pioneer movements, it was frowned upon, and the bill was withdrawn though not refused in its entirety, because those who were behind it felt the suggestion was inopportune.

Though many explanations were given why the bill failed, the real reason was, that the rank and file of the nursing profession were not organized, and instead of a careful campaign under the direction of the whole body of nurses, which if steadily adhered to would undoubtedly have produced good results, the attempt was made by a forlorn hope expedition; the House not being educated on the question, the attempt failed. The failure was an honorable one, and it was authoritatively stated that our respected Premier expressed his regret at the withdrawal of the bill, as he hoped to be able to meet the wishes of the nurses in some satisfactory way.

It was with all these matters in view that the idea was evolved of forming an organized club of the graduate nurses in the city, with headquarters where the social as well as the material welfare of all nurses would be looked after by nurses themselves. In addition, provision will be made for the registry (which under Miss Barwick's care is doing such good work), reading rooms and club rooms where nurses can meet and have luncheon if need be. It is felt that many of the differences that at present exist would soon be broken down, and a much broader feeling among the members would be established.

It was with this intention that the Toronto Graduate Nurses' Club was first proposed, and the enthusiasm of the leading nurses in the city, and active response of those not actually engaged in nursing, conclusively proved that the idea was a good one, and the rapid progress made towards organization was a surprise to every person who had any connection with the matter. A charter, costing almost nothing, was taken out, giving the club fullest powers necessary for the purpose intended, and the internal organization was quickly entered upon, so that at the present time a complete set of by-laws has been drafted, dealing not only with the general purposes of the club, but going into careful and elaborate details of self-government.

The undertaking to be carried out as desired by its founders will require money, a large portion of which will be realized by sale of stock in the club at a comparatively small price per share. These shares will give to the holder certain privileges in regard to the club house, which will be well worth the cost per share. With proper business management there is every reason to expect a fair return on money invested. After a few years of organization dividends will be paid to every shareholder. A club house, holding forty or fifty nurses, will be part of the

scheme, and these nurses will be in close touch with the Registrar, it is easily seen that the organization of the nurses will be for the benefit of the public.

The larger questions must be for the present laid aside until the nurses are organized among themselves; but after the large number of nurses becomes an organized body, recognized by the public and medical profession, concessions will be made to such a thoroughly capable and harmonious unit, as it will undoubtedly become. But soon the question of legal recognition can be seriously and systematically taken up, and protected by such statutory enactments as now allow those practising other professions to maintain their position before the public.

ANNA M. GREER.

Clinical Department.

THE CARE OF THE PREMATURE BABY.

When the premature baby arrives in zero weather, the problem of the nurse is no easy one. In fact, it is no easy one at any time, but the results of good care are sufficient to stimulate the nurse to leave no stone unturned to give such infants the best chance for life. There is a popular error that babies born at the eighth month are less likely to live than those born at seven months. It is conceded by the best authorities, that the longer the infant remains in the uterus, the better chance it has of attaining sufficient vigor for independent life—that is, up to the normal limit of pregnancy.

When a premature birth is expected, special arrangements should be made to secure the necessary warmth. Mother's milk is also a necessity, and, last of all, a high degree of nursing skill. Such infants should be handled as little as possible. A bath, such as an ordinary baby usually gets soon after birth, may be fatal. Vaseline or olive oil are not considered as good for use in such cases as good benzoinated lard, which furnishes a certain amount of nourishment.

Before the child arrives, the receiving blanket well warmed, warm water bags, warm diapers and coverings, should be in readiness. The hot water resuscitation bath should also be in readiness. The eyes require careful treatment, for it has been found that premature babies are more liable to infection than others. The cord is given an antiseptic dressing, and the binder applied, all as quickly and gently as possible, keeping the child between hot towels. It may be necessary to keep a warm water bottle covered on the nurse's knee underneath the blanket to provide the needed heat. The custom of wrapping the child in cotton batting

should be avoided as having a tendency to clog the pores. For clothing use a loose woollen shirt and a flannel binder. A very loose flannel slip may be made without sleeves, and a little wool cap provided to protect the head. Great care should be taken to avoid abrasion of the buttocks or genital organs. The meatus should be inspected often lest it become clogged and cause retention of urine.

An ordinary small clothes basket, well lined, is preferable to any crib or bed. No pillow for the head is needed. Pockets on each side of the basket and at the foot should be arranged for hot water bottles. A thermometer, also, should be in the basket. Inasmuch as the temperature is so highly important, the nurse should not depend on any guess work regarding it. It is needless to say that the baby's basket should be kept near a stove or steam radiator. When in bed with its mother, no extra heat will be needed.

It is well to bear in mind that pure air is as important for such babies as warmth. The lungs of the premature infant are slower to expand than those of other babies. Moisture in the air is desirable. Powders which contain boracic acid should never be used for dusting. The stearate of zinc powder is about the best to use to avoid chafing.

After the daily anointing with benzoinated lard, a very light general massage is recommended by some of the best physicians. This is needed to help stimulate the general functions and relieve the torpid condition which usually exists. The joints should be gently exercised. The circulation is apt to be very sluggish. The child should be turned from side to side to avoid stagnation of the blood in the lungs.

When the child is stronger, it may be given a very light bath, or rather a dip, for not over a minute, in water about 103F., and very carefully dried. The face and buttocks may be occasionally washed with warm water. To prevent heat loss is one of the nurse's most important duties. The room should be kept at an even temperature, and every article carefully watched that might detract from the body heat of the tiny patient. There is, as a rule, more loss of weight for the first week with such babies than with the full term child. Mother's milk for the baby is one of the essentials, and feeding should begin within a few hours after birth, because of the exhaustion, and to prevent, by every means possible, the loss of weight. With the very tiny babies the feeding is a great problem. It will, as a rule, be necessary to feed at first with a medicine dropper. A half teaspoonful every half hour may be given for the first day. After the first day, feeding may be given every hour, and, as it grows stronger, the intervals may be lengthened to every two hours during the day, and every three at night. The milk should be pumped from the breast and kept warm by placing the graduate glass in warm water. The baby should be frequently placed at the breast to teach him to nurse as quickly as possible after he seems to have strength enough to nurse.

The fact that the premature baby sleeps most of the time is no reason why he may not be fed regularly. As his very life depends, to a great extent, on the amount of nourishment he can take and assimilate, the nurse will readily see the need of extra patience and perseverance with the difficult matter of feeding. The medicine dropper, breast pump, glass used, etc., must be sterilized, and every precaution taken to avoid infection of the alimentary tract. Very great care needs also to be used to avoid causing an abrasion when washing the mouth. A weak boric acid solution may be used for this purpose, but if the child is very frail it may be best to omit it.

CHARLOTTE A. AIKENS.

PRACTICAL POINTS.

In preparing hot stupes use a steamer instead of a boiler, thus avoiding the necessity of wringing the cloths.

Cracked ice held in the mouth before taking castor-oil chills the tongue and prevents any disagreeable after-taste.

Poultice boards, wooden spatulas, or any wooden utensil may be kept exquisitely clean and white by rubbing with a cut lemon and rinsing in cold water.

Splitting and breaking of one's finger-nails which have become brittle from a long spell of fever may be prevented by applying the finger-tips in warm olive oil for a few minutes each night.

Pieces af pasteboard, cut the required size, and held in place by means of a piece of adhesive plaster (which connects glass and pasteboard), make excellent covers for medicine and water glasses.

To remove stains caused by perspiration: Lay the garment over clean white blotting-paper and sponge with a mixture of equal parts alcohol and ether (taking care to rub dry), and touch lightly with dilute ammonia.

A flannel cloth wrung out of alcohol and covered with a hot-water bag will often relieve pain in different parts of the body when ordinary compresses and mustard-leaves have failed. The odor from the alcohol causes a sense of drowsiness.

Thirst and dryness of the mouth in sickness is often relieved by a teaspoonful of powdered gum arabic, beaten thoroughly with two teaspoonfuls of glycerine, and to which have been added a glass of water and enough lemon juice to make the mixture palatable.—*By Florence Baugh Downing, in the "Nurses' Journal of the Pacific Coast."*

At a recent meeting of the local board of the Victorian Order of Nurses at Ottawa, Mrs. T. Ahearn presided. As Mrs. Dougherty, the secretary, was absent, Mrs. Bell acted as secretary pro tem.

The report of the treasurer, Mrs. Whitley, stated that $207 had been received from the dramatic entertainment and $100 from Mr. Thomas Keefer. A letter was read from Mr. James Manuel containing $5.

During the month there were 71 cases; total number of visits, 707. There are six nurses on duty. Eleven collectors have sent in their books. Three have to be heard from.

The relief committee assisted two people who were in very reduced circumstances.

A resolution of sympathy for Mrs. Robertson on the death of her father, Mr. John Mather, who was an extremely kind and generous friend of the order, was passed. For many years Mrs. Robertson was the capable treasurer of the society.

A POST-GRADUATE course in District Nursing will be given in the Home of the Victorian Order of Nurses, Ottawa. Apply to Miss Allen, 578 Somerset Street, Ottawa.

The Guild of Saint Barnabas

"Je le pansay; Dieu le guarit." [I tended him; God healed him.]
—*Ambroise Paré.*

Canadian District

MONTREAL.—St. John Evangelist, first Tuesday, Holy Communion at M.G.H., 6.15 a.m. S cond Tuesday, Guild Service or Social Meeting, 4 p.m. Thi d Tuesday, Guild, Service at St. John's, 8.15 p.m. Last Tuesday, Holy Communion at R.V.H. 6.15 p.m.
District Chaplain—Rev. Arthur French, 1773, Ontario Street.
District Superior—Miss Stikeman, 216, Drummond Street.

The Secretary's Journey.

Montreal was now awaiting us; and thither we went on Friday, Miss Green, my hostess, Miss Sewell, our Secretary, and other members coming to speed us on our way. It is increasingly evident that if the Guild is to be of lasting benefit to the Canadian nurses, its methods must be made as elastic as possible consistent with the principles of its constitution; and that being brought into close touch with those of other denominations, it is necessary for it on the one hand to affirm the great principle of church membership, whilst with the other hand it offers good fellowship to those who, through an honorary membership, keeping as far as they can its Rule of Life, can thus share in its religious and social life. Then there is the question of great distances, bringing in its train separation and isolation; and to meet that need, it was suggested to enlist the good offices of Priests-Associate, who might serve to stretch a chain across Canada, preparing the way for Branches in the great centres of population.

It is a little difficult, with the American Guild of St. Barnabas over the border, to explain the attitude of the English Guild in making Communion with the Church of England the condition of full membership; not in a spirit of exclusiveness, but as contending for the truth, that the Rule of Life has its foundation on the means of grace which the Master has left in His Church. One of the great missions before our Guild in these far-distant climes, is to be a missionary of our Church; and to fulfil her great work, she must seek for quality before quantity. May those who guide her path be filled with the spirit of wisdom and love.—*Misericordia.*

My Scallop-Shell of Quiet

GIVE me my scallop-shell of quiet,
My staff of faith to walk upon,
My scrip of joy, immortal diet,
My bottle of salvation,
My gown of glory, hope's true gage;
And thus I'll take my pilgrimage.

Blood must be my body's balmer;
No other balm will there be given;
Whilst my soul like quiet palmer
Travelleth toward the land of Heaven;
My soul will be a-dry before,
But, after, it will thirst no more.

—*Sir Walter Raleigh.*

Joy.

"Take joy home
And make a place in thy great heart for her,
And give her time to grow and cherish her.
Then will she come and oft will sing to thee
When thou art working on the furrows,
Or weeding in the sacred hour of dawn.
It is a comely fashion to be glad,
Joy is the grace we say to God."

—*Jean Ingelow.*

Honey From Everything.—You say that "this world to you seems drain'd of all its sweets!" At first I had hoped you only meant to intimate the high price of sugar! but I am afraid you meant more. O, Robert, I don't know what you call sweet. Honey and the honeycomb, roses and violets, are yet in the earth. The sun and moon yet reign in Heaven, and the lesser lights keep up their pretty twinklings. Meats and drinks, sweet sights and sweet smells, a country walk, spring and autumn, follies and repentance, quarrels and reconcilements, have all a sweetness by turns. Good humour and good nature, friends at home that love you, and friends abroad that miss you—you possess all these things, and more innumerable, and these are all sweet things. You may extract honey from everything.—*Charles Lamb to Robert Lloyd.*

"He Sent Forth His Word and Healed Them."—You yourselves . . . under God, are the saviours of many lives. The sick and the dying cried to the Lord in their distress, and God inspires you with gifts of self-devotion, of skill, of patience, of loving, watchful care, and the sufferer is relieved; and the sick man, who, but for you would have died, lives. You are special representatives of God's mercy and love. By you God answers the sick man's prayer. It is for this high reason, over and above mere reasons of philanthropy, that we thank God for the Guild of St. Barnabas, because in the midst of a world of suffering and sorrow you witness, by your devoted lives, for the presence of the God of Love.—*Edward, Bishop of Lincoln.*

The Canadian Nurse

Vol. III. TORONTO, NOVEMBER, 1907. No. 11.

Editorial.

THE CANADIAN ARMY NURSING SERVICE RESERVE.

Great interest is being taken in volunteering for this service, and the response so far is satisfactory. Much satisfaction is expressed at the fact (see October number) that the nurses in this Service will have, when on duty, the same pay, allowances and regulations as members of Queen Alexandra's Imperial Military Nursing Service—a Service unrivalled in the position and opportunities it affords to a nurse.

A POST CARD—PLEASE.

The attention of our subscribers is called to a series of papers on private nursing, which the Editorial Board has been arranging for during the past six months. It is hoped that they will appear early in 1908. The members of the Board are also earnestly desirous of ascertaining the opinion of the subscribers as to the departments of the magazine. Have we too many departments? Is there too much space given to any one of them? Should any one of them be discontinued? Do you think of any new department we should establish? *Please take a post card to-day, address it to* The Canadian Nurse, *Toronto, and give us the benefit of your advice.*

BLESSED ARE THE MERCIFUL.

Among the gifts brought home by the Canadian doctors who were fortunate enough to visit the Old Land this year, there were three of great interest to nurses. A Toronto surgeon, well-known not only for his skill and kindliness, but also as one of the best friends of the nursing profession, purchased in London two beautiful portraits of Florence Nightingale and presented one to the Training School of Toronto General Hospital and the other to the Training School of the Hospital for Sick Children, Toronto. The third gift brought home by the doctor has a unique and almost romantic value. Few places in London are more in-

teresting than the shops where old books and old prints may be found, and it was in one of these that the doctor found these valuable portraits. Seeing that he was interested, the proprietor showed him a still rarer relic of the Mother and Founder of the Nursing Profession. It was a sheet of old note-paper, yellow with age. On holding it up to the light a curious water-mark was discerned—a portrait of Florence Nightingale! Beside it was another water-mark, which on close inspection proved to be a fac-simile of the medal presented by the great Queen Victoria to the great nurse, with the inscription, "Blessed are the merciful."

Editorial Notes.

New Subscribers.—This is the best time. Send us the name of a new subscriber. We will send THE CANADIAN NURSE from November, 1907, to December, 1908 (14 numbers), for $1.00, post free to Canada, postage 25 cents extra to the United States.

CANADA

The Death of Miss Lawley.—Miss Jane Lawley, an English nurse who resided at Victoria, B.C., met her death in a very sad manner recently. At the inquest a verdict of "Found drowned, with evidence of suicide," was brought in by the jury. There was no evidence whatever that there had been foul play, as was erroneously stated in one of our English contemporaries.

INDIA

The Royal Red Cross.—'For special devotion and competence in connection with her duties," by command of His Majesty, the Royal Red Cross was presented to Miss James, Lady Superintendent of the Punjab Command, Q.A.I.M.N.S. The presentation was made at Maidan Park, Bangalore, by Major-General Scallon, C.B., C.I.E., amid circumstances of great military pomp, concluding with a march past at which all the officers saluted the wearer of the medal. Miss James has been in charge of the Punjab Command since 1900, and intends to retire this month, after a distinguished service of fifteen years.

DENMARK.

The Society of Danish Nurses.—This Society received last year from the State a grant of £300, and this year a proposal was brought before the Danish Riksdag to grant £16,200 for a new State Hospital and Training School for Nurses, to be erected in Copenhagen. One of the leaders in nursing reform in Denmark is Fru M. Koch, a graduate of the Presbyterian Hospital, New York.

ENGLAND.

The Leicester Infirmary —H.R.H. the Princes Louise, Duchess of Argyle, is to open the new South-East Block on Oct 8th, and on Nov. 5th, 6th and 7th a bazaar will be held, under the auspices of the Nurses' League, the proceeds of which will be devoted to the building of a new Nurses' Home.

UNITED STATES.

Pennsylvania Hospital.—Miss Emily Ada Payne, a graduate of the Royal Infirmary, Edinburgh, has been appointed Matron and Superintendent of Nurses in the Pennsylvania Hospital. Miss Payne has practiced her profession in Paris, Missouri and California.

NEW ZEALAND

A Trained Nurses' Club.—A Nurses' Club, formed of registered nurses and those who hold the government medal, has been organized in Otago. The objects of the club are to promote the interests, professionally and socially, of all trained nurses, to encourage a post-graduate course of study, and to favor the discussion of subjects of general interest.

SCOTLAND.

Glasgow Royal Infirmary.—Miss Melrose, formerly the Superintendent of Nurses, has been promoted to the post of Matron, on the resignation of Mrs. Strong.

The Royal Infirmary, Edinburgh.—The Nurses in this beautiful hospital, which contains 900 beds, are encouraged to remain a fourth year after finishing their three years of training. The Hospital Board has recently made a new tennis court for the nurses. Miss Gill, the new matron, is already winning golden opinions.

AUSTRALIA.

Australian Women's Work Exhibition.—This Exhibition, it is thought, will be a great event in the history of the State. The medical, nursing, and children's sections are under the direction of the R.V.T.N.A. The Exhibition opens this month, and we hope to see interesting accounts of it shortly.

ITALY.

The Calvary Hospital.—This new Hospital in Rome is approaching completion. It will be in the form of a great Celtic cross, and in the centre, where the cross-beams diverge, is the chapel, in the form of a heart. The length is 349 feet and the height 106 feet. The builders of this hospital are the 500 nursing sisters of the "Little Company of Mary," scattered over Britain, Italy, the United States and Australia.

GREAT BRITAIN.

The Lusitania.—At least one trained Nurse is attached to this wonderful vessel, the largest and probably the fastest passenger steamer afloat. The Cunard Company announce that each of their steamers now has a trained nurse on board.

IRELAND.

Lady Dudley's Fund for Nurses.—Lady Aberdeen and Lady Mayo are making an appeal for funds to supply these trained nurses for the sick poor in the west of Ireland. The cost of the equipment of a Lady Dudley's nurse is £55, and her up-keep about £100 per annum.

FRANCE

The New Nursing School of the Salpetriere.—The plan of organization of the new Nursing School has now been announced, and reflects great credit on M. Mesureur, the Director of the Assistance Publique. At the head is the *Surveillante Générale*, and the best principles of organization have prevailed throughout. Pupil nurses must be from 18 to 25 years of age on admission, and receive board, lodging, washing, and uniform.

Correspondence

To the Editor of THE CANADIAN NURSE.

DEAR MADAM.—I want to tell you about the annual meeting of the League of St. Bartholomew's Hospital, which, by the kindness of Miss Stewart, I had the privilege of attending.

The business meeting was held in the large theatre of the hospital, and as I entered they were discussing the giving of a prize of £5 to the pupil nurses, subject for competition to be decided by a sub-committee. This was just what our own Alumnæ had done, so I was particularly interested.

Then Miss Pearse, delegate to the Paris Conference, gave her report, which was listened to with much interest. Mrs. Bedford Fenwick spoke briefly on the conference, emphasizing the honor done our profession by the Mayor and Council of Paris.

This closed a very interesting meeting and all—there must have been three hundred present—repaired to the great hall, where a most delightful hour of social intercourse was spent in this fine majestic hall from whose lofty walls looked down upon us great men, doctors and others distinguished in the history of the hospital—among them the worthy founder, Rahere, whose memory is still blessed, King Edward VI. at one end, and King Edward VII. at the other. It was a most delightful reunion for the members of the League, and was none the less enjoyed by those who had the privilege of being guests. I thought you would be glad to hear about this meeting.

Yours, very sincerely,

London, England, July 4, 1907. B. CROSBY.

To the Editor of THE CANADIAN NURSE.

DEAR MADAM.—Canada has already placed the Episcopal Church in the United States under many obligations. One of the greatest of these was the gift some years ago of a young clergyman, who, after a period of service in charge of one of our Michigan parishes, became in 1895 the first Bishop of Alaska, the Right Reverend Peter Trimble Rowe, D.D.

In his work as leader of the Episcopal Church in Alaska, Bishop Rowe has sought in every possible way to minister to all the needs of all the people. In doing this he has naturally been led to establish small hospitals. For the most part they are very simple affairs, but they have been the means of accomplishing much good.

It is hardly necessary to say that the good record of the hospitals would have been entirely impossible if it had not been for the heroic service of some of our missionary nurses. They have done work in mining camps and Indian villages which is beyond all praise.

At present we have two or three vacancies in our hospital work; two of them are at the big mining camp of Fairbanks in Central Alaska, where for the past three years St. Matthew's Hospital has been doing excellent work in a very needy field.

It has been suggested that readers of THE CANADIAN NURSE might be willing to volunteer for these vacant posts. Some of the most devoted nurses on our staff are Canadians.

I will give particulars to any who may be willing to consider this service. It is only necessary to preface that volunteers should be members of the Episcopal Church in the United States or of the Church of England in Canada, in sound health, able to live satisfactorily in a rigorous climate, and of good professional qualifications. The salary is small, the work is hard, but that it is work worth doing would be I am sure the emphatic verdict of every one of the nurses at present on our staff.

If any of your readers cannot think of offering for this service, but would like to know something about hospital work in Alaska, I will take pleasure in sending leaflets 804 and 805 on request.

JOHN W. WOOD.

Corresponding Secretary of the Domestic and Foreign Missionary Society of the Protestant Episcopal Church in the United States of America; 281 Fourth Avenue, New York, N.Y.

The Contributors' Club.

Catalogue of the Medical Library, Maria Louisa Robertson Nurses' Residence, Hospital for Sick Children, Toronto.—(*Continued.*)

251—Bacteriology and Surgical Technic for Nurses.....Stoney
252—Fevers, Nursing in Acute and Infectious.....Paul
253—Obstetrics for Nurses.....DeLee
254—Disinfection and Disinfectants.....Rosenau
255—Bandaging .....Davis
256—Food Analysis .....Leffman
257—Obstetrics, A Nurse's Handbook of.....Cooke
258—Bacteria .....Newman
259—Bacteriology, Manual of.....Williams
260—Anatomy, Handbook of.....Young
271—Throat, Nose and Ear, Nursing in.....Yearsley
272—Human Body .....Martin
273—Chemical Physiology, Essentials of.....Halliburton
274—Infants, Physiological Feeding of.....Pritchard
275—Anatomy and Physiology for Nurses.....Kimber
276—Infant, The Nutrition of the.....Vincent
277—Operations, Modern Surgical Technique in.....Pearson
278—Nervous System, Diseases of.....Pearce
279—Infant Feeding in Health and Disease.....Fischer
280—Sanitary Science and Public Health, Principles of.Sedgwick
291—Vertibrate Embryology .....Marshall
292—Dictionary, The American Illustrated.....Dorland
293—Operating Room and Patient.....Fowler
294—Infant Feeding, The Theory and Practice of.....Chapin
295—Hygiene, The Principles of.....Bergey
296—Food and Dietetics .....Hutchison
297—Diet in Health and Disease.....Ruhrah
298—Materia Medica, Therapeutics and Pharm. Text-book.Butler
299—Nursing, A Guide.....Senn
300—Ambulance Work and Nursing.....——
311—Nervous Diseases, Familiar Forms of.....Starr
312—Infancy and Childhood, Diseases of.....Cotton
313—Ventilation and Heating.....Billings
314—Hygiene, Practical .....Harrington
315—Infancy and Childhood, Diseases of.....Holt
316—Medicine, Practice of.....Osler
317—Materia Medica, Therapeutics and Pharmacy.....Potter
318—Dietetics, Practical .....Thompson
319—Gynæcology, Principles and Practice of.....Dudley
320—Gynæcology, Practice of.....Ashton
331—Medicine, Practice of.....Hare
332—Anatomy .....Gray

Question Department.

Q.—Is there in Canada an agency or bureau, where a graduate nurse, wishing a hospital position could apply? A graduate nurse with hospital experience, preferring hospital to private work and wishing to remain in Canada, asks the question.

A.—Yes. In all Canadian cities there are Registries for Nurses, such as the Canadian Nurses' Association in Montreal, the Nurses' Central Registry, in Toronto, and the Graduate Nurses' Registry, of Winnipeg. Reference to our advertising pages, and to the names of our Editorial Board will give you further information in regard to each of these Nurses' Registries. Hospital positions are frequently obtained, by applicants at these registries, and many new Hospitals are built every year in Canada. We are glad that you wish to remain in our own country.

Q. How do you remove glass stoppers in cases of difficulty?

A. Sometimes there is difficulty in removing glass stoppers from bottles, especially from chloroform bottles. This difficulty may be easily overcome by applying a lighted match to the neck of the bottle, thus expanding the outer glass. Another means is to take a piece of strong cord and run it around the neck of the bottle until heat by friction is produced and stopper is readily removed. A third method is to place the stopper in the "crack of the door," a few inches above a hinge. Then close the door till the stopper is held firmly between the door and the frame. It is then usually possible to loosen the stopper by turning the bottle.

Q. How can an Alumnæ Association raise money for its Sick Benefit Fund?

Answers to the above question are requested from our subscribers.

Official Department.

THE CANADIAN NURSE has the honor of publishing official information from:

Queen Alexandra's Imperial Military Nursing Service.

The Canadian Permanent Army Medical Service (Nursing Branch).

The Canadian Society of Superintendents of Training Schools for Nurses.

The Association of Hospital Superintendents of Canada.

The Canadian Nurses' Association.

The Manitoba Association of Graduate Nurses.

The Graduate Nurses' Association of Ontario.
The Victorian Order of Nurses.
The Guild of St. Barnabas for Nurses.
The Collingwood G. and M. Hospital Alumnæ Association.
The Calgary Graduate Nurses' Association.
The Edmonton Graduate Nurses' Association.
The Fergus Royal Alexandra Hospital Alumnæ Association.
The Galt General Hospital Alumnæ Association.
The Guelph General Hospital Alumnæ Association.
The London Victoria Hospital Alumnæ Association.
The Kingston General Hospital Alumnæ Association.
The Montreal General Hospital Alumnæ Association.
The Montreal Royal Victoria Hospital Alumnæ Association.
The Ottawa Lady Stanley Institute Alumnæ Association.
The St. Catharines General and Marine Hospital Alumnæ Association.
The Toronto Central Registry of Nurses.
The Toronto General Hospital Alumnæ Association.
The Toronto Grace Hospital Alumnæ Association.
The Toronto Graduate Nurses' Club.
The Toronto Hospital for Sick Children Alumnæ Association.
The Toronto Riverdale Isolation Hospital Alumnæ Association.
The Toronto St. Michael's Hospital Alumnæ Association.
The Toronto Western Hospital Alumnæ Association.
The Winnipeg General Hospital Alumnæ Association.
The Vancouver Graduate Nurses' Association.

THE ALUMNÆ ASSOCIATION OF THE COLLINGWOOD GENERAL AND MARINE HOSPITAL TRAINING SCHOOL FOR NURSES.

Officers, 1907-8: President, Miss J. E. Carr; 1st Vice-President, Miss M. M. Redmond; 2nd Vice-President, Miss M. E. Knox; Secretary, Miss A. I. F. Morton; Assistant Secretary, Mrs. Isabel McBride; Treasurer, Miss J. Cottrill.

Sick Visiting Committee: Misses Dawson, Lord, and Moore.

The meetings are held on the first Thursday of the month at 3 p.m., in the Board Room of the hospital.

THE ALUMNÆ ASSOCIATION OF THE HOSPITAL FOR SICK CHILDREN TRAINING SCHOOL FOR NURSES, TORONTO.

Officers, 1906-7: Hon. President, Miss Brent; President, Miss J. Hamilton, 505 Sherbourne St.; 1st Vice-President, Miss G. Gowans; 2nd Vice-President, Miss J. Richardson; Secretary, Miss E. Jamieson, 105 Macpherson Ave.; Treasurer, Miss M. Hill, 105 Roxborough St.; Directors: Miss M. Gray, Miss C. Leman, Miss M. F. Blythe.

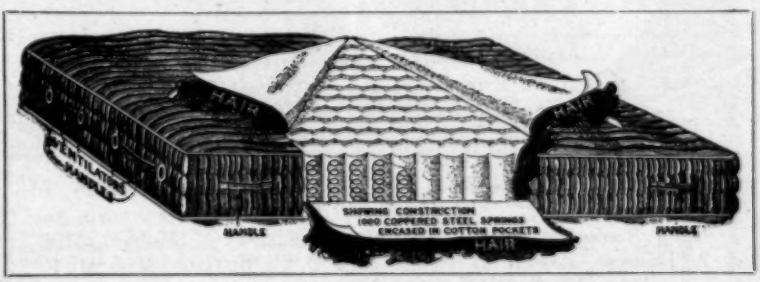
Conveners of Committees: Arrangement and Publication, Miss Goodall, 668 Euclid Ave.; Sick Visiting, Miss Annie McGarvey, 7 Rose Ave. Meetings are held on the second Thursday of the month at 3 p.m., in the Nurses' Residence.

There is only one

BOVRIL

Children like it. It is a particularly good food for them as it is specially rich in those elements of beef which form bone, brain and muscle.

The only Sanitary Mattress The only Comfortable Mattress
The only Ventilated Mattress



NURSES—IT IS THE BEST

This is the only Mattress on which a patient can be turned without lifting, recommended by all Physicians. Sold subject to trial and money refunded if not satisfactory. **Marshall Sanitary Mattresses** never sag or get hard, always soft and beautiful and will last a life time. Never need renovating. Send for Catalogue and prices.

Special Prices to Hospitals and Nurses

The MARSHALL SANITARY MATTRESS Co., Limited

140-144 Spadina Ave., Toronto, Ont.

TORONTO GENERAL HOSPITAL ALUMNÆ ASSOCIATION.

Officers, 1906-7: Hon. President, Miss Snively; President, Miss Lucy Bowerman, 349 Sherbourne St.; 1st Vice-President, Miss Clara Brown, T.G.H.; 2nd Vice-President, Miss Jessie Robson, 103 Gerrard St. E.; Recording Secretary, Miss Alice Stewart, T.G.H.; Corresponding Secretary, Miss A. M. Stirling, 103 Gerrard St. E.; Treasurer, Miss Mareb Allan, T.G.H.; Directors: Miss E. Field, 505 Sherbourne St., Miss Julia Stewart, 12 Selby St., Miss Annie Lennox, 11 Humberside Ave., Toronto Junction.

Conveners of Standing Committees: Sick Visiting, Miss H. Fralick; Legislation, Miss A. Lennox; Programme, Miss B. Crosby; Social, Miss Florence Davis, 179 College St.; Look-out, Miss Elizabeth Stewart, General Hospital; Representatives of the Central Registry Board, Miss Burkholder and Miss A. Boyd.

QUEEN ALEXANDRA'S IMPERIAL MILITARY NURSING SERVICE.

Postings and Transfers.

Matrons.—Miss M. Thomas, R.R.C., to M. Hp., Portsmouth, from M. Hp., Dover; Miss G. M. Richards, to Gibraltar, from M. Hp., Portsmouth.

Sisters.—Miss A. Nixon, to M. Hp., Chatham, from M. Hp., Hounslow; Miss S. K. Bills, to Gibraltar, from M. Hp., Curragh; Miss M. Wright, to M. Hp., Harrismith, from M. Hp., Potchefstroom; Miss M. E. Harper, R.R.C., to M. Hp., Wynberg, from M. Hp., Middleburg.

Staff Nurses.—Miss M. L. Kaberry, to Egypt, from Cambridge Hp., Aldershot; Miss E. K. Kaberry, to Egypt, from R. H. Hp., Woolwich; Miss A. Ayre, to Gibraltar, from M. Hp., Curragh; Miss A. C. Mowat, to Gibraltar, from the Q. A. M. Hp., Millbank, London; Miss E. B. Darnell, to Gibraltar, from the Q. A. M. Hp., Millbank, London; Miss M. C. E. Newman, to Gibraltar, from Royal Victoria Hp., Netley.

Appointments Confirmed.

Staff Nurses.—Miss H. M. Barnett, Miss F. E. Morton, Miss L. A. Burgess, Miss A. B. Nunn, Miss C. C. M. Gibb, Miss M. E. Smith, Miss M. Ironside, Miss N. Stewart, Miss E. M. M. Malim, Miss A. Weir, Miss S. W. Wooler.

Promotions.

The Undermentioned Staff Nurses to be Sisters.—Miss K. Coxon, Miss E. St. Quintin.

E. W. Decker,
For Matron-in-Chief, Q.A.I.M.N.S.

We Make Any Style Nurse's Bibs and Aprons to Order

THIS NURSE'S APRON is made of fine but strong cotton, is two yards wide, and finished with eight inch hem. The band is two inches wide and fastens with buttons and button-holes or made with button-holes for studs. Price.....57c

THE BIB is made to order in any style required. The one shown in picture as worn by the nurses of the General Hospital, Toronto, is pleated at waist and crossed at back and worn under the apron 43c

When ordering, please state waist measure and length of apron required.

THE CAP is made of muslin, with two frills and double border, edged with lace, each 12½c. Other styles and prices in stock.

COMFORT HOT WATER BOTTLE, finest red rubber, $1.35, $1.60, $1.85, $2.15 according to size.

HICKS' CLINICAL THERMOMETER, from 65c to $2.00.

Write for Drug Catalogue

THE T. EATON Co. LIMITED TORONTO, CANADA

Hospital and Training School Department

Miss M. Darragh has been visiting in Kingston.

Miss Annie Macdonald is visiting her home in Los Angeles.

Miss E. M. E. Wall, of Brooklyn, has been spending her vacation in Montreal.

Miss Julia Mann, of Brooklyn, spent the summer with her family in Ottawa.

Miss Jessie Cardiff has been abroad all summer and is still on the Continent.

Miss Rose Healy, of New York City, spent July and August at her home in Kingston.

Miss Julia Hughes, of New York City, spent her vacation at her home at Balmy Beach.

Mrs. E. Burns, graduate of the Royal Victoria, Montreal, has taken up her residence in Toronto.

Miss Ethel Gamble, graduate of V.P.H., Fredericton, N.B., is visiting at her home in Marysville. Miss Gamble has been engaged in private nursing in Duluth, Minn.

Among recent visitors to the Yorkton Hospital, Sask., were Mrs. Fitzgibbon (Lally Bernard) and the hospital inspector, who was greatly pleased with the plans for the new building.

Miss Howe, Matron of the Phœnix General Hospital for the last four years, has resigned her position and is settling in Vancouver. Her position in the hospital has been filled by Miss Annie Markley, a graduate of the Winnipeg General.

Miss Florence Darling, graduate of St. Joseph's Hospital, Chatham, and operating room nurse at Hotel Dieu Hospital, Windsor, Ont., underwent an operation for appendicitis in July. She has fully recovered, and resumed her duties in the latter part of August.

St. Michael's Hospital has made a great addition by purchasing three houses to the south of the hospital and establishing therein a large maternity department. It will be remembered that the old maternity department was to the north of the main building. There are fifty-three beds available, private, semi-private and public, and the furnishings and all the arrangements are tasteful and homelike, as well as excellently adapted to the purpose for which they are intended. Dr. M. M. Crawford is the obstetrician in charge.

Vapor Therapy

The avoidance of drugs if desired or compatible with any drug.

Whooping Cough

Vapo-Cresolene immediately palliates the attendant paroxysms, inhibits injurious sequelae and with attention to a strengthening diet brings the case to an early termination. Used for twenty-five years with marked success in this disease.

Measles and Scarlet Fever

Alleviates inflammation of the bronchi and prevents bronchial complications.

Diphtheria

Authoritative tests show the vapor to be destructive to diphtheria bacilli. Vaporized Cresolene is prophylactic and adds to the probability of successful treatment.

Pneumonia and Bronchitis

Used where it is desired to reduce dyspnea and irritating cough, adding greatly to the comfort of the patient.

Asthma

Cuts short the attack and insures comfortable repose. Your druggist stocks it.

Proprietors: VAPO-CRESOLENE CO, NEW YORK, U.S.A.

Canadian Agents: THE LEEMING MILES CO., Limited, MONTREAL

We desire to again call your attention to the formula for

SCOTT'S EMULSION

Pure Norwegian Non-Freezing Cod Liver Oil	44½ per cent.
Chemically Pure Glycerine	13 "
Emulsifying Agent and Flavoring Extract	2½ "
Solution of Hypophosphites of Lime and Soda (being 6 grains of Hypos. of Lime and 3 grains of Hypos. of Soda to the fluid ounce)	40 "
TOTAL	100 per cent.

In view of the numerous cheap substitutes for cod liver oil and the prevailing tendency to adulterate the ingredients used in them, it is gratifying to know that Scott's Emulsion continues to maintain its high standard of excellence and that it contains such a large percentage of the pure Norwegian Oil—a higher percentage than is contained in any other emulsion. In recommending cod liver oil, we trust that you will not overlook the fact that Scott's Emulsion has been the Standard for thirty years.

ALL DRUGGISTS **50 cents and $1.00**

Miss Maggie Graham is taking a holiday with her family in Toronto.

Miss Alice M. Mansell has been appointed Superintendent of the City Hospital at Saskatoon.

Mrs. G. S. McPherson's private hospital, "Rest Holm," is removed to 15 Selby Street, Toronto.

Miss E. A. Draper has returned to her home in Clarksons, Ont., after spending the summer in Brandon.

Miss Bessie Murray, V.P.H., Fredericton, has returned from a very pleasant trip to the Old Country.

Miss C. A. McCallum, Matron of V.P.H., Fredericton, has returned from a visit to her home in Charlotte Co.

Miss Jean Balloch, V.P.H., Fredericton, left on Tuesday last for a six weeks' vacation, to be spent in Ottawa.

Miss Isabel Likely, V.P.H., Fredericton, will return with Miss Gamble to Duluth, Minn., some time during September.

The heating and plumbing of the V.P.H., Fredericton, has been thoroughly renovated during the past summer months.

Miss Annie I. Brown (T.G.H.) returned to New York Oct. 1st, after spending a pleasant summer at home and on Lake Simcoe.

Miss Jamieson, graduate of the Sick Children's Hospital, has accepted the position of head nurse in the Children's Hospital, Pittsburg, Pa.

Miss Eugenia P. Pepin, supervising nurse of St. Luke's, Ottawa, greatly distinguished herself on a recent visit to New York by her prompt and skilful attention to the victim of a trolley accident.

The Hon. W. J. Hanna, Provincial Secretary, opened the new Homewood Hospital at Guelph on October 3rd, in the presence of a distinguished company. Dr. Hobbs is greatly to be congratulated on this beautiful modern hospital for mental diseases.

The death of Miss Minnie Bonnell, one of the most promising nurses in the General Hospital at St. John's, Newfoundland, is a great loss to the superintendent and to the hospital. She died of acute tuberculosis (contracted while nursing her sister) after a very brief illness. Her death was keenly felt by every member of the hospital staff. Capable, trustworthy, thoroughly conscientious and kind-hearted, she was liked and esteemed by all.

ANTISEPTIC

Non-Acid

SOZODONT

ALKALINE

Liquid - Powder - Paste

Teeth of persons subject to an acid or bilious stomach are liable to discoloration, which requires extra friction to remove. The Liquid, and Powder or Paste, used daily, will soon remove all such tartarous adhesions and leave the teeth clean and white, imparting a refreshing feeling to the mouth.

Very satisfactory results are obtained from using

LIQUID SOZODONT

at night, and

SOZODONT TOOTH POWDER, OR PASTE

in the morning.

THE MINISTERING ANGEL

There is talk of a new hospital to be built in Trail, B.C.

Miss Laidlaw (W.G.H., '07) is now staff nurse at Fernie, B.C.

Mrs. Honeywell, of Cuba, has been spending the summer in Toronto.

Miss Dora Trigge, B.A., of New York, paid a short visit to the Central Registry.

Misses Martin and Marriott are visiting Mrs. J. Hammill, of Strassburg, Sask., a former class-mate.

It is proposed to form a Nurses' Association in New Liskeard at an early date.

Miss Rutledge (W.G.H., '07) has been appointed night superintendent of the City and County Hospital at St. Paul, Minn.

The many friends of the Misses MacInnes were delighted to welcome them back to Toronto, and join in hoping their stay will be a prolonged one.

Welland, Ont., is soon to have a hospital. The citizens have been very generous in their subscriptions, the plans are drawn, and it is expected that building will commence before long. A Made-in-Canada Fair will be held in October for the building fund.

The Alumnæ Association of the Guelph General Hospital held their quarterly meeting in reception room of the hospital on September 25th. There was a good attendance. A letter was read by Mrs. Anderson from Miss Mitchell, superintendent of the Isolation Hospital, Edmonton, Alta., which was opened recently. Dr. Lindsay gave a lecture on "Nurses' Duties in Emergency Cases," which was very much enjoyed, after which the superintendent, Miss O'Neill, entertained the Alumnæ to refreshments.

The superintendents from ten of the training schools for nurses in St. Paul and Minneapolis, including two members of the State Board of Examiners, met with Miss Erdmann, Superintendent of Nurses, Minneapolis City Hospital, Friday, September 13th. Affiliation of schools was considered, and it was decided to meet informally once a month at different institutions and talk over problems concerning the progress of the nursing profession. The next meeting will be at St. Luke's Hospital, St. Paul, with Miss Reyburn. All are to bring an outline of both lecture and class-work as given at each respective school, from which a uniform course may be adopted. This is the first step taken towards affiliation of training schools.

MENNEN'S

TOILET POWDER

"Aim Straight"

at the heart of all complexion troubles, by **protecting** the skin—**before** it is roughened and chapped by keen fall winds and winter's blasts.

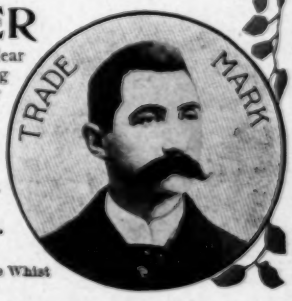
MENNEN'S
Borated Talcum
TOILET POWDER

protects as well as **heals**; if used daily it keeps the skin clear and smooth. For **chapping** and **chafing** there's nothing half so good as **Mennen's.** After **bathing** and after **shaving** it is delightful.

Put up in **non-refillable** boxes—the **"box that lox,"** for your protection. If **Mennen's** face is on the cover it's **genuine** and a guarantee of **purity.** Guaranteed under the Food and Drugs Act, June 30th, 1906. Serial No., 1542.

Sold everywhere, or by mail 25 cents. **Sample Free.**

GERHARD MENNEN CO., Newark, N. J.



Try Mennen's Violet (Borated) Talcum Toilet Powder
It has the scent of fresh-cut Parma Violets
Sent FREE, for 2-cent stamp to pay postage, one set MENNEN'S Bridge Whist Tallies, enough for six tables.

Miss Mathieson (W.G.H., '07) has been appointed instructress of nurses at her Alma Mater.

Miss M. M. Hugh, class 1896, of Helena Montana, is spending her vacation at her home in Beamsville, Ont.

Miss Stella M. Day, graduate nurse of Washington, D.C., has taken charge of the hospital at Trail, B.C., a position lately vacated by Miss Jean Patterson.

Mrs. Stewart, a graduate of the Prince Edward Island Hospital at Charlottetown, P.E.I., has been appointed Superintendent of the Battleford Hospital.

Miss Paton, Guelph General Hospital, Class 1907, left June 27th to take a position in Prince Albert Hospital, Saskatchewan. Her many friends wish her every success.

The Calgary Graduate Nurses' Association held this year an entertainment for the Sick Benefit Fund, which was said by the local press to be the best entertainment of the season. Over $100 was realized.

Special efforts are being made by the officers of the T. G. H. Alumnæ to prepare an attractive and profitable programme for next year. Every member is expected at the annual meeting, which will be held shortly after September 1st.

Miss Eva Nixon, graduate General and Marine Hospital, Owen Sound, left Owen Sound by SS. *Athabasca* to take a position on the staff of the Galt Hospital, Lethbridge, Alta. Miss Nixon's many friends wish her Godspeed and every success in her Western field of labor.

We regret to hear that Miss Florence McBride has resigned as Superintendent of the Battleford Hospital on account of ill health. The directors of the hospital presented Miss McBride with an address and a beautiful gold locket, suitably inscribed. Miss McBride will reside for some time at her home in Winnipeg, and her many friends hope that she will soon recover her health.

At Red Deer, Alberta, there is a fine Memorial Hospital, of which Miss Sarah Kingston is the capable superintendent. The hospital building is on the hill overlooking the town, a pretty situation. On the first floor there are two wards of six beds each, operating room, sitting room, kitchen, linen cupboard and bathroom. Then on the second floor are the private wards—large, bright and cheerful rooms. In all they can accommodate from twenty to twenty-four patients. The top flat of the building is fitted up into rooms for the nurses, all rooms being of good size. At present there is a staff of three nurses, orderly, cook, assistant cook and laundress.

Nature's Great Restorer Is

SHREDDED WHEAT

It is an article of diet suitable for all stages of sickness where food is permissable. Made from the choicest Canadian Whole Wheat in the most hygenic factory in the world—Its fine porous shreds make it easily assimilated by the most delicate stomach.

In the long vigils the tired nurse will fined strength and comfort in Shredded Wheat, as it contains just the elements necessary to prepare the system for the most exacting work.

CANADIAN SHREDDED WHEAT CO., Limited,

Toronto Office: 32 Church St. **Niagara Falls, Ont.**

The Antiphlogistine Exhibit, Canadian Medical Association, Montreal, September 11-13, 1907.

Miss Ida Graham leaves Toronto for Pennsylvania, where she will enter the Pittsburg Sanatorium.

Miss L. D. Wald, and Miss Y. G. Waters, of the Nurses' Settlement, N.Y., spent July and August at Cap-a-L'Aigle, Que.

Miss Margaret Armstrong, graduate of the Mack Training School, has gone to the Tubercular Hospital, Pittsburg, Pa.

Miss A. E. Knight, one of the recent graduates of Victoria Hospital, Renfrew, is spending her vacation with her parents at Knightington.

Miss MacAdam, Superintendent of Victoria Hospital, Renfrew, spent part of her vacation with her parents in Ottawa and the remainder with friends in New York State.

Dr. Wesley Egerton George has completed his year as house surgeon in the General and Marine Hospital, Owen Sound. He has the best wishes of all in the Hospital for his future success.

Eight pupil nurses in the Owen Sound General and Marine Hospital Training School for Nurses will soon write on their intermediate examinations. The examiners for 1907 are Drs. Cameron, Brown and Cowper.

Miss Rose Whyte (R. V. H., Montreal), of North Bay, only daughter of Capt. John Whyte, was married June 12th to Mr. William T. Traynor, of the Railway Mail Service, Ottawa. Mr. and Mrs. Traynor have taken up their residence at 112 McDonald Street, Ottawa.

The following are the new members of the Canadian Society of Superintendents: Miss Jessie Scott, 2nd Asst. Toronto General Hospital; Miss Maxwell, Asst. Supt. St. Luke's Hospital, Ottawa; Miss Pickels, Asst. Supt. Grace Hospital, Toronto; Miss Uren, 1st Asst. Victoria Hospital, London; Miss Dulmage, 2nd Asst. Victoria Hospital, London; Miss Welsh, Operating Head Nurse, Victoria Hospital, London; Miss Pashley, Night Supervisor, Victoria Hospital, London; Miss L. E. Young, Asst. Supt. Montreal General Hospital; Miss Janette Duncan, Nurse in Charge Outdoor Work, Montreal General Hospital; Miss Jennie Webster, Night Supervisor, Montreal General Hospital; Miss F. G. Strumm, Charge Nurse Gynecological Operating Room, Montreal General Hospital; Miss Nora Tedford, Charge Nurse, Gynecological Theatre, Montreal General Hospital; Miss K. Gilmore, 1st Asst. Royal Victoria Hospital, Montreal; Miss Craig, Western Hospital; Miss Lewis, Royal Victoria Hospital, Montreal; Miss Shaw, 1st Asst. Jeffrey Hale Hospital, Quebec; Miss Hall, Royal Victoria Hospital, Montreal; Miss Cornell, Royal Victoria Hospital, Montreal.

Instruction in Massage

THE SYSTEM YOU WILL EVENTUALLY LEARN.

Swedish Movements, Medical and Orthopaedic Gymnastics
Term : 3 Months Tuition Fee : $60.00

Course in Electro-Therapy
Term : 2 Months Tuition Fee : $25.00

Course in Hydro-Therapy in all its Forms
Term : 6 Weeks Tuition Fee : $30.00

The different branches of Instruction may be commenced at the same time and finished within three months

PAYMENTS ON CONVENIENT TERMS

All Students Get Hospital Experience

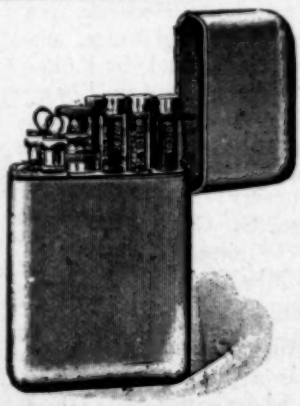
6,793 Mechanical Treatments given in 1906

Second Section of the Fall Classes open, November, 20th, 1907

Winter Classes open, January 21st, 1908

Particulars and free booklet on Massage upon request

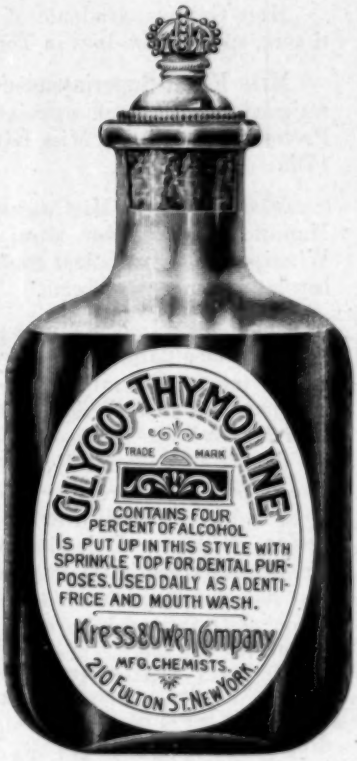
Pennsylvania Orthopaedic Institute and School of Mechano-Therapy (Inc.),
1721 Green Street, Philadelphia, Pa.
MAX. J. WALTER, SUPT.



NURSES' INSTRUMENTS and DRESSINGS of All Kinds
TEMPERATURE CHARTS, Etc.

PHONE M. 308

The J. Stevens & Sons Co., Limited
145 Wellington St. W., TORONTO, ONT.


GLYCO-THYMOLINE
TRADE MARK
CONTAINS FOUR PERCENT OF ALCOHOL
IS PUT UP IN THIS STYLE WITH SPRINKLE TOP FOR DENTAL PURPOSES. USED DAILY AS A DENTIFRICE AND MOUTH WASH.
Kress & Owen Company
MFG. CHEMISTS.
210 FULTON ST. NEW YORK.

One of these special bottles of GLYCO-THYMOLINE will be sent

FREE
Express Prepaid

to any TRAINED NURSE on application.

We want you to know the value of GLYCO-THYMOLINE. It stands on its merits.

Mention this Magazine
KRESS & OWEN COMPANY
210 Fulton Street, New York

Miss Geddes, graduate of the Johns Hopkins Hospital, Baltimore, spent a few days in Toronto before returning to Maryland.

Miss Kirk, Superintendent Nurses, V.P.H., Fredericton, has resigned, having been appointed Superintendent of Sherbrooke Protestant Hospital. Miss Kirk took up her new duties on Sept. 17th.

Miss A. Maud M. Crawford was married to Mr. Basil G. Hamilton on Saturday, June 29th, 1907, at 233 Kennedy St., Winnipeg. Mr. and Mrs. Hamilton will be at home after September 1st at Calgary, Alberta.

A fire occurred in the Amasa Wood Hospital at St. Thomas on September 25th. The fire was discovered about 3.00 a.m. by one of the junior nurses, who at once called her companions to help her, and all used the pails ready for such an emergency with such promptitude and good effect that when the fire brigade came the danger was practically over and but little damage was done. The cause of the fire was ascertained to be as follows: A wire globe had been placed over the gas jet in the hall as a protection against its flame. This globe had tilted to one side, the flame of the jet had come in contact with the wire and had burned it so that it had fallen red hot to the floor and there had set fire to an apron and afterwards to a trunk. The greatest credit is due to the nurses for their courage and bravery.

The graduating exercises at St. Michael's Hospital took place on September 30th and were very successful. The medals and diplomas were presented by Miss Graves, the head nurse, and Dr. Walter McKeown, after which addresses were made by Father Rohleder, Dr. Silverthorne, Dr. McIlwraith, Dr. Graham Chambers and Dr. McMahon. Refreshments were served at the close. The graduates were: Miss Annie B. Long, London; Miss Annie M. Gordon, Rosscommon, Ireland; Miss Margaret Yeates, Orillia; Miss Annie Macdonald, Glengarry; Miss May Fitzpatrick, Peterboro'; Miss Mary Henegan, St. Catharines; Miss Maud Korman, Elora; Miss Elizabeth Waldron, Orillia; Miss Helen J. Foley, Palmerston, Mass., and Miss Laura Reilly, London. All were present except Miss Gordon.

The Poster Show held in Orillia in August under the auspices of the Women's Hospital Auxiliary was a pronounced success, and reflected great credit upon the ladies whose enthusiastic labors made it such. All the booths, from the gorgeous Japanese tea room, with its tubs of big chrysanthemums and pretty Japanese girls in attendance, to the miniature forest with red camp-fires glowing through the shrubbery to proclaim the presence of a gipsy encampment, were greatly admired by the hundreds of delighted visitors. Among the attractions were a plaid-draped Scotch booth,

In all disorders of the respiratory tract in which inflammation or cough is a conspicuous factor, incomparably beneficial results can be secured by the administration of

Glyco=Heroin (Smith)

The preparation instantly diminishes cough, augments expulsion of secretions, dispels oppressive sense of suffocation, restores regular, pain-free respiration and subdues inflammation of the air passages.

The marked analgesic, antispasmodic, balsamic, expectorant, mucus-modifying and inflammation-allaying properties of GLYCO-HEROIN (SMITH) explain the curative action of the Preparation in the treatment of

Coughs, Bronchitis, Pneumonia, Laryngitis, Pulmonary Phthisis, Asthma, Whooping Cough

and the various disorders of the breathing passages.

GLYCO-HEROIN (SMITH) is admittedly the ideal heroin product. It is superior to preparations containing codeine or morphine, in that it is vastly more potent and does not beget the bye-effects common to those drugs.

DOSE.—The adult dose is one teaspoonful, repeated every two or three hours. For children of more than three years of age, the dose is from five to ten drops.

Samples and exhaustive literature bearing upon the preparation will be sent, post paid, on request.

MARTIN H. SMITH COMPANY,
NEW YORK, U. S. A.

where bonnie Scotch lassies in tartans and tams sold oat cakes and a variety of other things; a blue and white Dutch booth, where Dutch girls in quaint blue and white costumes, sold Dutch wares; a dairy booth, where rustic maids in dainty caps and aprons sold butter, eggs, etc.; a fish pond; a most attractive fancy work booth; a not less attractive candy booth; an art room; a post office; a well patronized general store; a cleverly arranged parody hall, and an Indian booth, where was to be found everything in the handiwork of the aboriginal race. The Red Cross Booth was in charge of Mrs. W. Fox (graduate R.V.H.) and nine others, five of whom were graduate nurses. This booth presented a beautiful appearance, being draped in pure white, and its only decoration being the distinguishing red crosses. A collection of dolls, each daintily dressed in the nurses' uniform of some hospital, was early bought at fancy prices, but remained "on duty" in the Red Cross booth until the close of the Poster Show. The Poster Show realized over $2,000, clear of expenses, which, for the size of the town, is considered a remarkable showing.

The twelfth annual meeting of the Canadian Nurses' Association was held on Tuesday, October 1st, at 3 p.m., in the Medico-Chirurgical Society's room, which was kindly loaned for that occasion. There was a large gathering of nurses, representing all the city hospitals, besides others from various parts of the world. Rev. Arthur French opened the meeting by the reading of an appropriate hymn, and delivered a helpful and inspiring address, which will no doubt be long remembered in many hours of watching and anxiety. The recording secretary's report showed that during the year six interesting lectures had been delivered by some of the leading doctors of the city, and which were much appreciated by all who had the good fortune to hear them. Also that it was a record year for the C.N.A., inasmuch as they were successful in getting a provincial charter (having previously only held a city charter), which was granted them in March by the Legislature of Quebec, and for which the Association have to thank Mr. C. M. Holt, advocate, for his gratuitous and untiring efforts in its behalf. The treasurer announced that there was a balance on hand of $125, which was considered good, as it had been rather an expensive year. The registrar, Mrs. Burch, to whom a very large share of the success of the Association is due, read a very interesting report showing the steady growth of the C.N.A., the present membership being 227. She had received calls for 1,440 cases, but owing to the scarcity of nurses 285 calls had to be refused. Calls came from all parts of the province, and much out-of-town work has been attended to. It is with sorrow that we report the death of a recent member, Miss Toppin, graduate of the Notre Dame Hospital, who contracted typhoid while at her post of duty, and succumbed to its effects. After the hearing of reports, the board of directors were nominated for the

USED ROUND THE WORLD

Walter Baker & Co.'s

Chocolate and Cocoa

Registered U. S. Pat. Office

Absolutely pure, with a most delicious flavor, made by a scientific blending of the best cocoa beans grown in different parts of the world.

47 Highest Awards in Europe and America.

Be sure that you get the genuine with the trade-mark on the package.

Directions for preparing more than one hundred dainty dishes in our Choice Recipe Book, sent free on request :: :: :: ::

Walter Baker & Co., Limited

ESTABLISHED 1780 - - - - - - DORCHESTER, MASS.

BRANCH HOUSE
86 St. Peter St., Montreal, Canada

ensuing year: Hon. President, Miss Henderson, lady superintendent Royal Victoria Hospital; president, Miss Baikie; first vice-president, Miss Dunlop; second vice-president, Miss Colquhoun; treasurer, Miss Cooper; recording secretary, Miss Phillips; corresponding secretary, Miss G. H. Colby. Directors: Miss Hill, Miss Des Brisay, Miss McBride, Miss E. Cooper, Miss Bullock, Miss Hardinge, Miss M. Mackay, Miss Saunders, Miss Ward, Miss Byers, and Mrs. Stanley.

Miss Keen has been appointed Superintendent of the Victorian Public Hospital, Fredericton.

Miss Annie M. Insch, of Greensboro, has accepted the position of Superintendent of the Presbyterian Hospital, Charlotte, N.C.

Miss Eugenia Belleperche, graduate of St. Joseph's Hospital, Chatham, has accepted the position of Directress of Nurses in the Training School of Hotel Dieu Hospital, Windsor, Ont., which will be opened in the first week of November.

Miss Kirk, formerly of Fredericton, N.B., has accepted the position of Superintendent of Nurses at St. Barnabas Hospital, Minneapolis, and passed through Toronto recently on her way to that city, where her many friends in Toronto and elswhere wish her all success.

On October 9th the Alumnæ Association of Guelph General Hospital and a few friends met at the home of Mrs. A. A. Anderson and presented the Corresponding Secretary, Miss M. A. Cowin, with an appropriate address and a "kitchen shower." Miss Cowin graduated three years ago and has many friends in Guelph, who all join in wishing her great happiness.

The Sick Children's Hospital Alumnæ met on October 11th to elect their officers for the year, with the following results: Hon. President, Miss Brent; President, Miss Grace Gowans; Vice-Presidents, Miss M. L. Barnard and Miss Ellerington; Secretary, Miss Louise Cooper; Treasurer, Miss Mary Hill. Miss Mary Gray was appointed as manager of the invalid cookery book published by the Alumnæ, and a change was made in the election of one large general committee to attend to all business, instead of a number of smaller ones. Miss Goodall is the convener of this. The Alumnæ will continue to meet monthly on the second Thursday of each month throughout the winter.

St. Joseph's Hospital, Chatham, Ont., was the scene of a very pleasing event on Monday evening, October 7th, when the sisters and nurses assembled in their hall to honor Dr. J. L. Bray, who recently was appointed to the position of Registrar of the Ontario Medical Council, necessitating his removal to Toronto. The hall was handsomely decorated in the University colors, red, blue and yellow, and a choice programme of vocal and instru-

THE SCIENCE OF MILKOLOGY

DEFINED

The method of obtaining clean, wholesome milk.

Removing by Vacuum Condensation a large percentage of the moisture.

Hermetically sealing in suitable receptacles the concentrated solids, and thoroughly sterilizing same.

The operations performed by scrupulously clean methods, without handling the milk at any stage.

We have perfected this science, and the result is

Sweetened

GUARANTEED PURE MILK Condensed

Unsweetened

TRURO CONDENSED MILK CO., Limited, Truro, Nova Scotia

You and Your Patients

will be unaffected by changes in weather, temperature and climate if Jaeger Pure Wool Day and Night Wear is worn. It promotes the healthy activity of the skin and prevents chill in all seasons.

Jaeger

Pure Wool Day and Night Wear has improved the health of thousands.

Write for our illustrated Catalogue.

Dr. Jaeger Co. Limited

316 St. Catherine St. W., Montreal

Double-Breasted. 286 Portage Ave., Winnipeg

WANTED

Graduates of General Hospital for duty in small General Hospital

APPLY, WITH REFERENCE, TO

The Day Kimball Hospital,
Putnam, Conn.

. . Subscribe for . .

THE CANADIAN NURSE

15 cents a copy $1.00 a year

mental music contributed largely to the general pleasure. Dr. Bray, beside being the recipient of a handsomely illuminated address, was presented with a fine suit case for himself and a beautiful clock for Mrs. Bray. In replying to the address, the doctor feelingly expressed his thanks for the beautiful gifts, as well as his appreciation of the manner in which his efforts on behalf of the hospital had always been recognized. In conclusion he wished St. Joseph's Hospital every success.

At the meeting of the Central Registry Committee on October 7th the Registrar's report showed the membership to be 238, with fifteen new applicants, which were accepted. The Committee did not meet during the months of August and September. Calls for July 73, registry 46, personal 27; August 105, registry 81, personal 24; September 88, registry 61, personal 27; money in saving's bank, $400.00; current account, $77.65; due from unpaid fees, $205.00. Five nurses resigned to take hospital positions: Miss Ella Jamieson, head nurse Children's Hospital, Pittsburg; Miss Margaret Armstrong, Tubercular Hospital, Pittsburg; Misses Moodie, Lawson and Burkholder have gone to Dawson City to take up hospital work. Miss Land, Miss Helen Ross, and Miss Edyth Green resigned to be married, and we understand there are several more who are going to do likewise in the near future. The members of the Registry may procure history forms from the Registrar at 644 Spadina Avenue, Toronto, at quite reasonable rates.

Miss Dora Martin, of Winnipeg, Manitoba, a graduate of the London Hospital and City of Dublin Hospital, and a member of the Australian Trained Nurses' Association, and Miss Maude H. Davis, of Ottawa, Ont., a graduate of Montreal General Hospital, and formerly in charge of the hospital at Red Deer, Alberta, are attending the Pennsylvania Orthopedic Institute and School of Mechano-Therapy, Inc., Philadelphia, Pa. On account of the large attendance a second section of the fall class will open on November 20th.

BIRTHS.

Rykert—At Dundas, Ont., August 31st, to Dr. and Mrs. A. Rykert, twins, boy and girl. Mrs. Rykert was Miss Nellie Shaw (class 1894).

Kolmar—On August 7th, 1907, in Greenwood, B.C., to Mr. and Mrs. R. Kolmar, a daughter. Mrs. Kolmar is a graduate of the Woodstock Hospital.

MARRIED.

Miller—Burns.—On September 18th, at St. Michael's Church, Ridgetown, Miss Lily Burns, Amherstburg, Ont., to Mr. Albert Miller, Chatham. Rev. Father James, O.S.T., officiated. (Miss Burns was a graduate, '07, of St. Joseph's Hospital.) Mr. and Mrs. Miller will be at home to their friends at their residence on Harvey Street, Chatham.

The Great Benefit in Buying

COWAN'S

Perfection

COCOA

(MAPLE LEAF LABEL)

is that it is absolutely pure and always good.

Cowan's Milk Chocolate, Cream Bars, Maple Buds, etc.

MOST DELICICUS CONFECTIONS

The COWAN CO., Limited, Toronto

HORLICK'S MALTED MILK

For INFANTS, INVALIDS, the AGED and TRAVELERS

Prepared in the largest, the cleanest and the best equipped plant of its kind in the world. Every detail under careful supervis'on, resulting fro:n 30 years of experience. The food value of pure milk made available in powder form, with a proper ba ance of cereal nutrient partially pre dige ted. A dependable nutrient for infants and weak children. An invalid food of marked restorative powers in cases of Typhoid Fever, Tuberculosis, Pneumonia, Diphtheria and Gastro enteric diseases.

Prepared in the form of Ice Cream, it is most gratefully received and affords an acceptable nutrient in the dietic treatment of fevers, also as a refrigerant in convalescence from Typhoid and Pneumonia.

HORLICK'S MALTED MILK CO., RACINE, WIS., U.S.A.

Gilmour Bros. & Co., 25 St. Peter St., Montreal, Canada. Sole Agents for Canada.

The Nurse's Library.

We have to thank Messrs. A. McKim & Co. for a copy of their *Canadian Newspaper Directory* for 1907. This is the fourth edition, and the book is a useful one.

We have also to thank Messrs Dauchy & Co. for a copy of the 1907 edition of the *Newspaper Catalogue,* a volume of nearly 800 pages, valuable for reference.

Practical Fever Nursing. E. C. Register, M.D. Philadelphia and London: W. B. Saunders Co. Toronto: J. A. Carveth & Co. $2.50.

This work is a complete and interesting one, being a description in non-technical language of the pathology, prognosis and treatment of the infective fevers. It may be spoken of as a physician's lectures to nurses, amplified and illustrated, and as such is a valuable text-book and book of reference. Numerous illustrations add to the value of the book.

The University Magazine. We are proud of our new Canadian quarterly review. It is so serious, scholarly and candid, and counts for much. Its appearance is in keeping with all this. E. W. Thomson, John Lewis and Marjorie Pickthall are among the October contributors, and special articles on "Ibsen," "The American Newspaper," and "The Hudson Bay Route," are also to be found in the current number.

Alcohol and the Human Body. Sir Victor Horsley, F.R.C.S., and Mary D. Sturge, M.D. London: Macmillan & Co. Toronto: The Macmillan Co. of Canada.

Few books during the summer of 1907 aroused more interest than this. It was looked forward to eagerly by temperance advocates, and it has not disappointed them. Those who are on the opposite side will perhaps think it not quite impartial, but why should it be? The book discusses the effect of alcohol on the intellectual processes, the emotions, the different systems of the body, etc. The final chapter (by Dr. Arthur Newsholme) deals with its influence on national health. It may safely be said that no one interested in the subject can afford to neglect this book. It goes without saying that it is well-written and that the press work is perfect.

Mental and Sick Nursing. Robert Jones, M.D., B.S. Lond., F.R.C.S. Eng., F.R.C.P. Lond. London: The Scientific Press. 3s. 6d.

The modern definition of insanity as a nervous disease in

TEXT-BOOKS FOR NURSES

Medical History from the Earliest Times
By EDWARD THEODORE WITHINGTON, M.A., M.B., Oxon. - - $4.00

In Watchings Often (Addresses to Nurses)
By REV. E. E. HOLMES - - - - - - - $1.00

Surgical Ward Work
By ALEXANDER MILES, M.D., C.M., F.R.C.S., Edin. - - - $1.25

Manual for Nurses on Abdominal Surgery
By HAROLD BURROWS, M.B., F.R.C.S. - - - - - 75c

Ophthalmic Nursing
By SYDNEY STEPHENSON, M.B., C.M., F.R.C.S., Edin. - - $1.50

Practical Fever Nursing
By EDWARD C. REGISTER, M.D. - - - - - - $2.50

Lectures on Midwifery for Midwives
By A. B. CALDER, M.B., M.R.C.S. - - - - - - $1.50

The Nurse's "Enquire Within"
By C. O. M. - - - - - - - - - 75c

District Nursing
By AMY HUGHES - - - - - - - - - 30c

Fever Nursing
By WILLIAM HARDING, M.D., Edin., M.R.C.P. Lond. - - - 30c

Complete line of Nurses' Books always in stock. Send for one of our Catalogues, also sample Temperature Charts and History Forms.

J. A. CARVETH & CO., Limited
Medical Book Publishers
Phone Main 3928 **406 YONGE ST., TORONTO**

Wedding Announcements

PROFESSIONAL AND CALLING CARDS, MENU LISTS, SOCIETY PROGRAMS

Printed

IN THE LATEST STYLES OF TYPOGRAPHY AND AT . . . REASONABLE PRICES.

WILLIAM BRIGGS
Wesley Buildings
TORONTO, Ont.

Fine Diamond ORNAMENTS

THESE run in price from sma'l sums away up into the thousands. Our display this season is much in advance of previous occasions, in quantity and design. Our diamonds are no better, because they have always been the best in Canada. We save our customers at least 10 per cent. : : : :

Wanless & Co.
(ESTABLISHED 1840)
168 Yonge St. TORONTO
One of Canada's Best Stores

Kindly mention THE CANADIAN NURSE when writing or speaking to advertisers.

which the mental symptoms predominate is now generally accepted. Hence, almost all authorities on the subject consider that nurses for the insane should have a general hospital training, either before or after their asylum training. This is the point of view of Dr. Jones, whose position and long experience in asylum posts and elsewhere specially qualify him to speak on such subjects. The greater part of the volume has already been published in periodicals. It includes the whole field of the nursing of the insane, with some account of the brain and its diseases.

POND'S EXTRACT is often imitated. These substitute witch hazels are often, if not always, weak, worthless, and dangerous. The Pure Food and Drug Law makes inter-state commerce pretty safe, though it does not touch local manufactures. But Pond's Extract of Hamamelis Virginica is always safe, always standardized, of invariable purity, quality and strength.

SICK-ROOMS may be kept fresh and comfortable by the use of Platt's Chlorides.

IT is not generally known that Bovril is standardized. A special method of preparation ensures its uniformity. What it has done to-day it will do to-morrow.

TONSILLITIS is at first only a local affection. The application of Glyco-Thymoline in a 50 per cent. strength as a spray will increase local capillary circulation, act as a detergent antiseptic, relieve the painful and dry condition of the throat, and exert a powerful influence towards causing the affection to remain a local one, thus preventing the distressing constitutional symptoms, such as headache, fever, etc.

BUTTER IS DEAR.—We must have fat in some form cheap enough for the poor, and easy enough for the enfeebled digestion of the rich. Cod liver oil in its crude condition is both too difficult and too unpleasant for any one, but in the form of Scott's Emulsion, as manufactured by Scott & Bowne, it is not only easy to digest, but acts as a medicine in purifying the blood, as well as the very best kind of fat forming food.

THERE is a Resting Room and a Retiring Room in connection with the Women's Banking Office, at the Crown Bank of Canada, 34 King Street West, Toronto. A hearty invitation is extended to members of the nurses' profession all over Canada to make use of these rooms, both for themselves and for their friends or patients who may be passing through the city.